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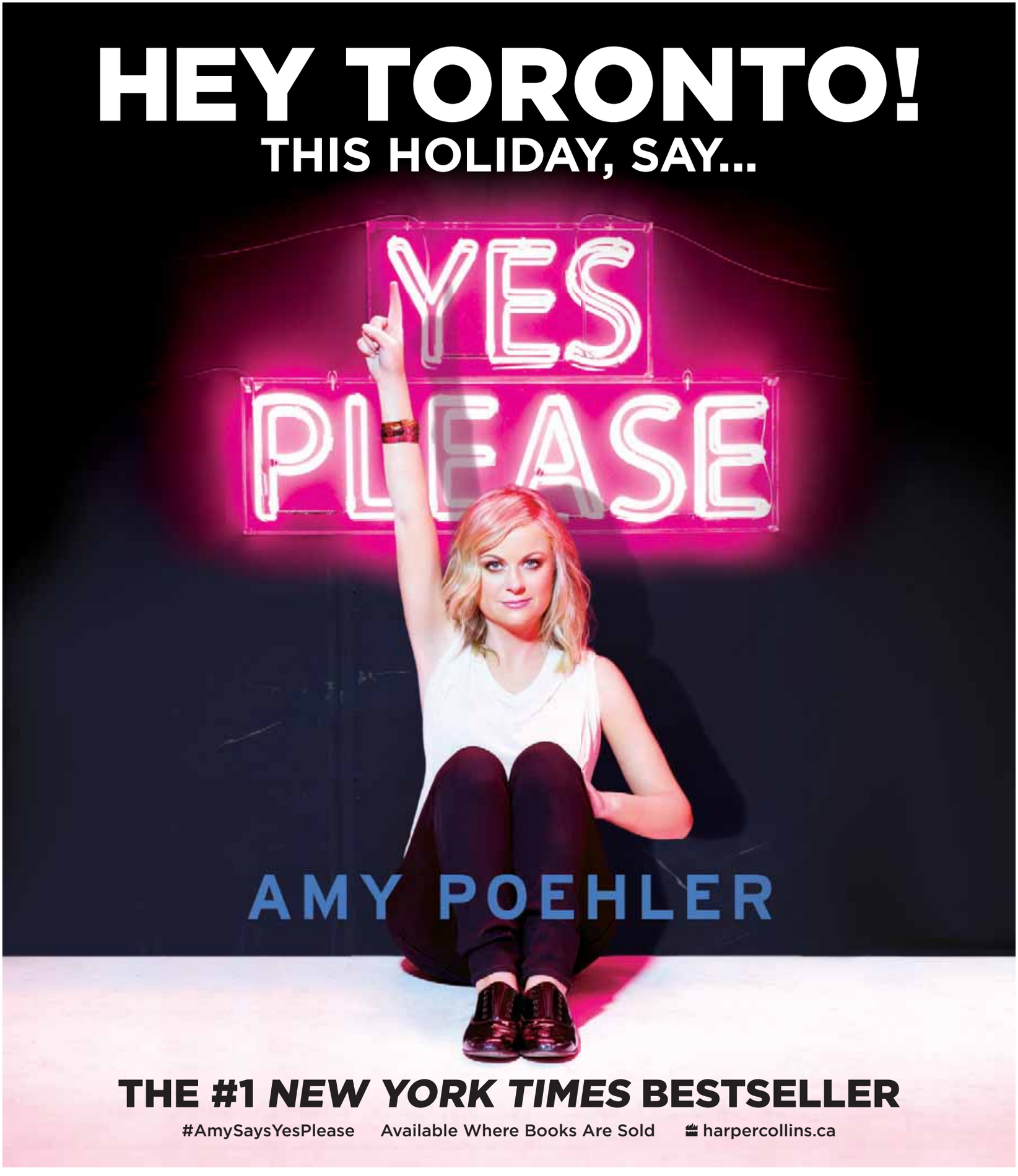
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Toronto on Track

All this week, Metro covers Toronto on Track, an interactive tool that lets you explore the city's demographic makeup and see who is — and isn't — served by transit.

Today on page 4, see the average income for those living around your station and read how building transit can move people toward higher wages. And at metronews.ca/toronto-on-track, you can explore demographic factors, including language and gender, and learn where all the single people are.

Calgary stamps out Tiger-Cats in 102nd Grey Cup

The Stampeders take care of business in Vancouver, knocking off Hamilton 20-16 to hoist trophy as champions of the CFL PAGE 26

Tory wants city to 'get involved'

The next chapter.
Our new mayor shares his vision of what the future holds for Toronto

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

John Tory sits at a small table in his office on the 15th floor of the west tower of city hall, taking questions from Metro. The fantastic view includes the skaters on the rink in Nathan Phillips Square. He says he's looking forward to locating his skates — misplaced in his last move — and getting some fresh air on the rink.

On Tuesday, he'll be sworn in as the mayor of Toronto. Here is our interview:

You've been critical of some things council didn't do well over the last four years. As the new mayor, how can you make a difference when council is almost exactly the same?
I think if I had to render the biggest single criticism, it would be that the council didn't work well together and I think that was more the fault of — to be candid — the mayor and his brother. They deliberately set out to divide council, as often as they could, for political purposes. And so … the challenge before me, aside from the particular issues, is to foster a sense of collaboration and co-operation, knowing there will be divisions and debates, because that's the way it is in democracy.

You're a politician, but you're also a human being. When things got personal in the campaign — the suggestion that your transit plan was racist or Doug Ford calling you an elitist — did it get to you?
It didn't get to me, in the sense that I tried to remain unflappable about it, because I knew it was people desperately trying to carve out a place for themselves in an election race. (But) when people level suggestions that you are somehow racist or dishonest or your life has a been a colossal failure but you've managed to somehow dress it up and somehow make it look better, I think any human — regardless of what their life actually was — would say it was worth more than that. So, I'm being honest when I say, of course you don't like it. How could anybody like it? You should have their head examined if they really like that stuff.

What can you and the Police Services Board do to repair trust between the public and the police?
This is at the core of what I believe: if we have a new chief, which we're going to have, and a new Police Services Board, which we're going to have if approved by council, that gives us a chance to move ahead and address the issues the public wants to see addressed.... I think we can go back to the day when there's healthy tension, but nonetheless there's progress and people can go back and work together on, say, the bias-free policing and racial-profiling issues.

If you could inspire the citizens of Toronto to do one thing, what would it be?
Get involved. Because I believe with all the talent in this city and all the different perspectives people bring to bear with what they do for a living, where they come from, what religious faith they're in or what part of the city they live in, if we can get everybody involved in something of interest to them that's about building up the city or addressing one of the issues, we would address these issues a lot more effectively. It's hard when people think there is no role for them.

Can you do anything to speed up getting cellphone service on the subway?
I've already spoken to (TTC head Andy) Byford about this.... I'd like to see engaged all of the different telephone companies, communications companies, because they've got the smarts and they've got the money, frankly, to do this in their own self-interest. If people are able to use their smartphones on the subway, regardless of which provider they use, it's good for their provider and it's good for them.

What's your restaurant recommendation for a hip out-of-town couple visiting Toronto?
Oh, I would have said, I went to one, now I'm going to forget the name of it.... It was good, the menu was quite hip and the crowd was, well, I was the oldest guy in there. (He later confirms it was Porzia, on Queen West in Parkdale.)

In an interview with Metro, new Toronto Mayor John Tory says he believes that all the different perspectives Torontonians bring to the table can help address issues facing our city more effectively.
RENE JOHNSTON/TORSTAR NEWS SERVICE

You've been supportive of Uber. How often do you use the service?
I would say, on average, about once a week. My wife has it on her phone because I carry a BlackBerry and you can't use it on Blackberry. She has it on her iPhone. She also neatly arranged it so when she put it on her iPhone it's billed to my credit card, so this is a bad deal for me.

In 2025, if you're partway through your third term as mayor, how is the city different than it is today?
There are going to be new subways built, SmartTrack is going to be built; people will be riding on it. We're going to have substantially improved transit. We're going to have substantially improved traffic because we're going to use technology and law enforcement and the will to make it better. The finances of the city are sound, and we will have made huge progress on (priority neighbourhoods). They will have substantially better levels of full employment, as opposed to underemployment, and significantly reduced levels of poverty.

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No jail time for T.O. cop who punched handcuffed man

$50 fine. Officer's police disciplinary record includes three previous assaults

A Toronto police officer, who pleaded guilty to assault for repeatedly punching a drunken man in the face, will not serve any time in jail.

Const. Gary Gould, 33, was given six months' probation and ordered to pay a $50 fine for a December 2013 incident in which he assaulted a man who had been arrested, handcuffed behind his back and put in the rear seat of a police cruiser.

The man, Christopher Milani, 21, had allegedly assaulted a gas station attendant and urinated on the floor. When three police cruisers arrived, Milani was belligerent and began "spitting everywhere," according to an agreed statement of facts read in court on Monday.

Crown counsel Molly Flanagan played a video of the assault, captured by the police car's internal camera, in which Milani is placed in the back of Gould's car and starts kicking at the door and window.

Gould then grabs his shirt and says: "Spit in my face, I f--ing dare you."

"Mr. Milani spat directly in Const. Gould's face, striking him in the eye and forehead area," the statement of facts said. "Const. Gould then struck Mr. Milani in the head and chest area multiple times with a closed fist."

In the video, Gould is pictured on top of Milani in the back of the car, striking him with both fists. Milani can be heard screaming after the blows.

Flanagan said the video showed Gould striking Milani nine times, but invited the judge to make his own count.

While still astride Milani, Gould repeats "Stop resisting" several times before pulling him back up to a sitting position and saying, "Sit up like a good boy."

Gould himself reported the incident to a superior, accurately described the incident in his notes, wrote a letter of apology to Milani and pleaded guilty, said his lawyer, Andrew McKay.

"He's taken responsibility for his actions," McKay said in court. "He's shown real remorse."

Ontario Court Judge Howard Chisvin said these facts were important because they demonstrated that Gould didn't try to cover up his actions.

In his victim impact statement, Milani said he has become paranoid since the assault.

"I am fearful or paranoid that officers might try to exact revenge or retribution on me because of what happened with Officer Gould," he wrote.

A screengrab of video played in court of the assault, captured by the police car's internal camera. TORSTAR NEWS SERVICE

Milani suffered a concussion during the assault, continues to have chronic headaches, and his depression has become much more severe, he wrote.

When arguing over Gould's sentence, the lawyers focused on his long disciplinary record, which Flanagan said showed "several incidents of aggression and a lack of ability to control anger."

Gould's police record includes three assaults — one leading to a criminal charge that was dropped — and several disciplinary hearings under the Police Services Act. In one of those he pleaded guilty to discreditable conduct.

Because each incident occurred when Gould was off-duty, McKay argued that the disciplinary record wasn't relevant to the Milani case, and was in fact "highly prejudicial" against his client.

Gould, who shares custody of his two-year-old-son with his "estranged girlfriend," has been on paid suspension for the past year, McKay said, and is attending alcohol counselling.

In imposing the sentence, Justice Chisvin said that police officers are held to a higher standard because of their special position of public trust, and stated Gould violated that trust. Gould did the right thing, however, in reporting the incident immediately afterward.

"At work, he's clearly a different person than in his personal life," Chisvin said. "His positive complementary activities clearly exceed any negativity within his personnel file."

TORSTAR NEWS SERVICE

Quoted

"I am fearful ... that officers might try to exact revenge ... on me because of what happened with Officer Gould." Christopher Milani's victim impact statement

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Transit: Is it at your service?

Metro's Toronto on Track project paints a statistical picture of who is being catered to by public transportation — and who is being left out

JESSICA SMITH CROSS AND LUKE SIMCOE
features@metronews.ca

The transit Toronto builds next will shape the future of the city. Whose lives will it change? And who needs that change most?

As a way to engage readers in this discussion, Metro has created statistical snapshots of the neighbourhoods near existing, planned and potential rapid-transit stations across Toronto. The results offer a tour through the city's economic, cultural and linguistic landscape and raise pressing questions about who is — and who isn't — being served by transit.

Dubbed Toronto on Track, the project is available at metronews.ca as an interactive tool that lets you compare different stations based on factors such as income, language, gender and density.

For example, the average household income along the planned Finch West LRT is $62,448, far below the $87,627 average along the SmartTrack line. Both are below the average citywide.

The data also shows that the best place to meet single transit users is at Spadina Station, or that while waiting to board at Finch, you're as likely to hear Persian or Chinese spoken as English.

"It's critical information," said Jennifer Keesmaat, the city's chief urban planner. "And I think the tool is a great way to conceptualize and make transparent the relationships between existing and proposed stations."

The project comes at a time when transit is top-of-mind for Torontonians. A recent Angus Reid poll showed 87 per cent of residents want transit to be a spending priority. And after years of relative stagnation, an estimated $60 billion in transit projects are currently approved or under debate in the GTA.

"I think it's very, very interesting," Mayor John Tory said after using the Toronto on Track tool. "It tells you that transit will make it easier for people of all different kinds — lower income, higher income, trades, financial people — to get around the city and get around not in a car."

The ultimate goal of the project is to encourage readers to become amateur transit planners. What factors do you feel are most important when building new transit? What did you learn about your local station? And do you feel the data makes a case for or against any transit projects?

Let us know at features@metronews.ca.

TORONTO ON TRACK

This is the first in a five-part series exploring the neighbourhoods that surround Toronto's existing and proposed rapid-transit stations.

- → Tomorrow: Hear what Mayor John Tory has to say about public transit and the Toronto on Track project.
- → Wednesday: Five fun facts gleaned from Metro's interactive transit tool, including a case for tolling the Gardiner.
- → Thursday: Find out why there are more men than women in Toronto's downtown core and where all the single people are.
- → Friday: The Sheppard Line, then and now.

Can't wait? For stories and to explore Metro's interactive tool yourself, go to metronews.ca/toronto-on-track.

Income inequality

More transit, more money

For decades the automobile has been a symbol of upward mobility, but for many Torontonians the ideal "vehicle of opportunity" is a subway car.

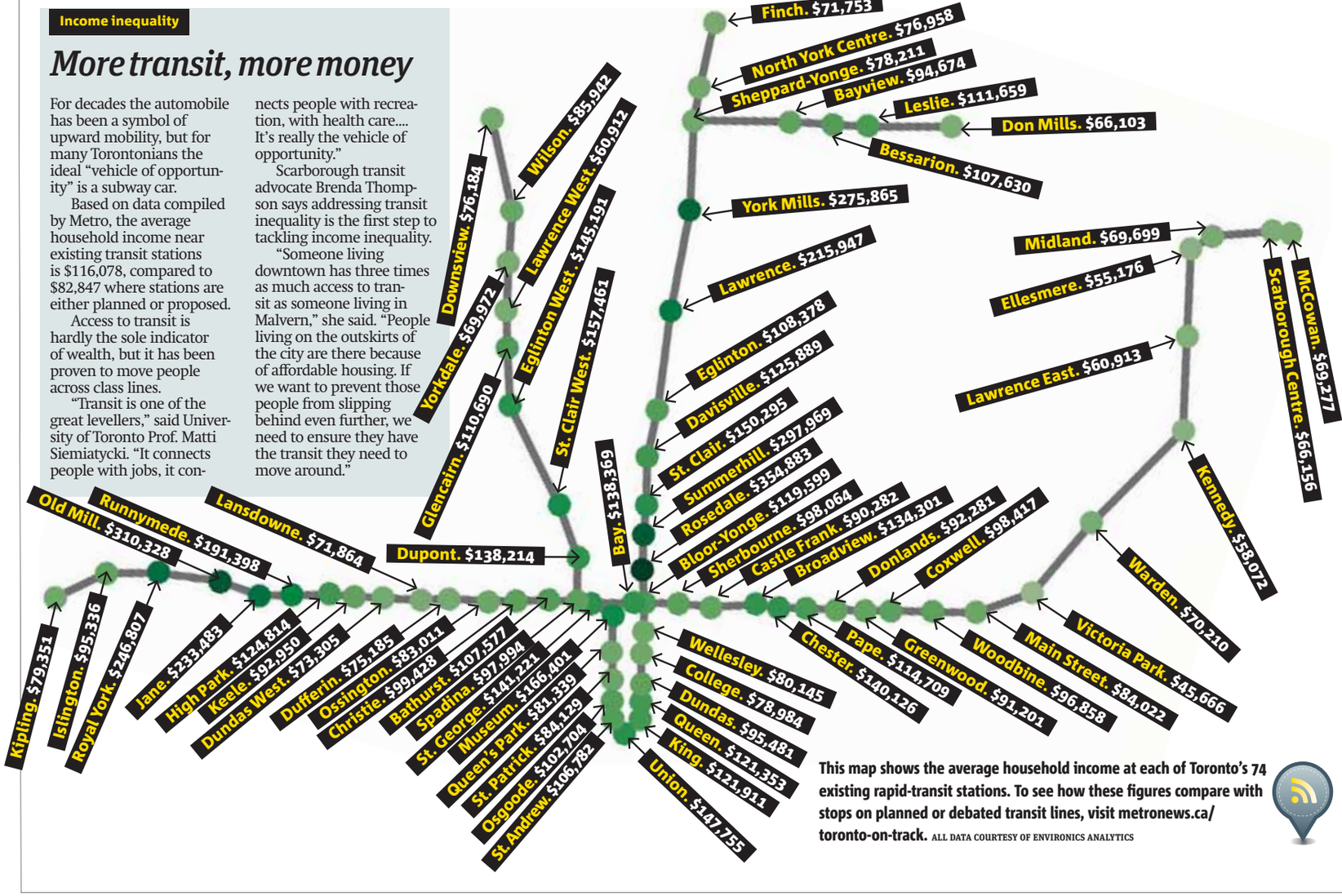
Based on data compiled by Metro, the average household income near existing transit stations is $116,078, compared to $82,847 where stations are either planned or proposed.

Access to transit is hardly the sole indicator of wealth, but it has been proven to move people across class lines.

"Transit is one of the great levellers," said University of Toronto Prof. Matti Siemiatycki. "It connects people with jobs, it connects people with recreation, with health care.... It's really the vehicle of opportunity."

Scarborough transit advocate Brenda Thompson says addressing transit inequality is the first step to tackling income inequality.

"Someone living downtown has three times as much access to transit as someone living in Malvern," she said. "People living on the outskirts of the city are there because of affordable housing. If we want to prevent those people from slipping behind even further, we need to ensure they have the transit they need to move around."



This map shows the average household income at each of Toronto's 74 existing rapid-transit stations. To see how these figures compare with stops on planned or debated transit lines, visit metronews.ca/toronto-on-track. ALL DATA COURTESY OF ENVIRONICS ANALYTICS

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Mild today, gone tomorrow: Temperatures taking a dive

David Turner gets some help from his son Will, 14, as they bag up leaves on Sunday in front of their home on The Kingsway in the city's west end. The weather was so mild, a jogger in shorts runs past them. Torontonians ventured outdoors all across the city despite the cloudy skies, as temperatures soared to 14 C. The warmth was short-lived however, as Monday's high is forecast as 1 C, with near-normal highs for the rest of the week.
RICK MADONIK/TORSTAR NEWS SERVICE

Tory was compromise candidate, study suggests

For the right and left. Researchers find that as many as 81 per cent of strategic votes went incoming mayor's way, but no significant effect on election result

GILBERT NGABO
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Strategic voting did not have an impact on the outcome of Toronto's latest municipal elections, a study has found.

The Toronto Election Study (TES) has concluded that only 2.9 per cent of votes cast in the Oct. 27 mayoral election were strategic, with John Tory running away with the majority of tactical votes.

The study was conducted by a group of academicians and sought to understand the behaviour and attitudes of voters during the election period. About 3,000 people were contacted for the survey.

In the period leading up to election day, researchers asked respondents to provide their assessment of each candidate's competitiveness, as well as their candidate of choice.

After the elections, respondents were asked whom they actually voted for.

The result, according to the study, showed that a small number of voters switched their choices, although that wouldn't have affected the final tally in any significant way.

"Tory actually received a net gain in votes from both Chow and (Doug) Ford supporters, which suggests Tory was the compromise candidate for both the right and left," TES member Laura Stephenson, an associate professor in political science at Western University, said in a press release.

Seventy per cent of strategic votes came from Olivia Chow, and 12 per cent switched from runner-up Doug Ford to other candidates, the study found. As many as 81 per cent of strategic votes went Tory's way.

The incoming mayor finished the race in style, taking slightly more than 40 per cent of the vote. Had strategic voting not happened, he would still have won, albeit with a lower percentage (38.2 per cent), the study noted.

"Based on his policies, John Tory is much closer to Doug Ford than to Olivia Chow," said Aaron Moore, assistant professor in political science at the University of Winnipeg, in the release.

"Had Karen Stintz still been in the running, I could see her supporters changing their vote to Tory at the last minute to prevent a Ford or Chow victory."

Doug Ford, Olivia Chow and John Tory. TORSTAR NEWS SERVICE

Alternate scenario

"Had Karen Stintz still been in the running, I could see her supporters changing their vote to Tory at the last minute to prevent a Ford or Chow victory."
Toronto Election Study

Ghomeshi's mystery mom

Sara (Azar) Ghomeshi.
Not much is known about former CBC Radio host's mother, other than what he said in his autobiography

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Jian Ghomeshi emerges from his lawyer's office on King Street Wednesday, after appearing in court on sex assault charges. DALE BRAZAO/TORSTAR NEWS

When he was released on bail, Jian Ghomeshi was ordered to live with his mother.

She is acting as his surety before the court and has a responsibility to make sure he abides by his bail conditions.

Ghomeshi wrote about Sara (Azar) Ghomeshi in his autobiography, 1982. The book is dedicated "to mom and dad."

In the book, he recalls loving his mother's Persian cooking. He describes her as wanting to assimilate into Canadian culture and being ashamed of sticking out. She would encourage him to fit in and even stay out of the sun to be less brown. He writes:

"Here is a short list ... of things my mother did not want me to be in 1982:

- noisy
- ethnic
- punk
- naked
- late
- non-white

"As you can see, my mother worried about many of the potential ways I might acquit myself when I was 14," he wrote.

He also wrote about how he was never quite perfect in the eyes of mother, who would compare other boys favourably to him.

Ghomeshi describes his mother as being polite but passive-aggressive.

"My mother had devised a cunning way of expressing her negative opinions by simply stating facts. I would later learn this is called passive-aggressive. But at the time, I had no idea that anyone else had this ability. I just knew that my mother would calmly say things like she was reading out the details of a court case," he wrote.

Ghomeshi wrote that both his parents had a creative streak that was at odds with their desire to assimilate into Canadian culture. They adorned the outside of their Thornhill home with red lights, only to find out through a neighbour that red lights indicate a "cathouse" in Canadian culture. However, young Jian Ghomeshi didn't know what a cathouse was.

"I could tell it was something bad," he wrote. "And it probably made us less Canadian. And this wasn't good. And Dana Verner would probably break up with me again, and my mother would be upset that we were different and people would talk about us."

He also wrote about his mother's prescience for his girlfriends.

"The first time your mother meets your new girlfriend, she may have no information about this person, but somehow she always knows if the girl is right or not."

Quoted

"The first time your mother meets your new girlfriend, she may have no information about this person, but somehow she always knows if the girl is right or not." Excerpt from Jian Ghomeshi's autobiography, 1982

The cover of 1982. CONTRIBUTED

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NE121G614

Designers partner with chefs to make gingerbread houses for charity auction

Children's Aid Foundation. Drive aims to raise funds, awareness

GILBERT NGABO
gilbert.ngabo@metronews.ca

Raghuram Addagada, the Ritz Carlton's executive chef, has already spent at least 40 hours working on the gingerbread house. DAVID VAN DYKE/METRO

Tommy Smythe has been in the interior-design industry for nearly 20 years. He has never had to design a gingerbread house — until now.

He and co-designer Sarah Richardson teamed up with the Ritz Carlton pastry department in a bid to produce the fanciest gingerbread house around.

It's a challenge that brought in competition from eight other interior designers and pastry kitchens in the city. The drive aims to bring awareness to and raise funds for the Children's Aid Foundation.

"We want to build what would be the most appealing gingerbread house to the broadest audience," said Smythe, impressed by the progress of the project at the downtown Ritz Carlton kitchen Thursday.

After hours of online research, Smythe and Richardson opted for a Victorian style of architecture and an eye-catching colour. Their house will have the backside taken off to give viewers "a moment of interior enjoyment," he said.

"When the gingerbread is finished, there will be a staircase, a Christmas tree, some tiny furniture and a beautiful focus on the scene that you can see from behind."

All that looks good on paper. What about making the actual gingerbread house?

"It takes a lot of patience and attention to detail," said the Ritz Carlton's executive chef, Raghuram Addagada, who has spent at least 40 hours working on the gingerbread house. He estimates at least eight more hours are needed to complete the project.

All eight gingerbread houses will be ready and up for bids starting Tuesday. Last year the gingerbread homes in a similar campaign went for an average price of $800.

Building back up

Renowned Canadian interior designer Brian Gluckstein is one of the eight competitors.

- About 76,000 young people are in foster care, facing all sorts of issues like physical abuse and mental health, he said.
- "This campaign serves to show them that they are people like others," said Gluckstein, a board member of the Children's Aid Foundation. "Their past doesn't have to represent their future."

Balance challenge

Surf indoors at T.O. gym opening

Torontonians harbouring dreams of hanging 10 without having to travel to a beach are in luck.

A trio of 20-somethings have opened the city's first gym dedicated to providing fitness lessons atop moving surfboards that mimic the balance challenges caused by crashing waves.

The Surfset Toronto gym at 2481 Yonge St., a few blocks north of Eglinton, is part of a surfing-exercise trend that's sweeping the continent. Dozens of gyms offering the workout have cropped up across the U.S. in recent years and more recently in Canada.

Indoor surfers complete exercise moves atop the $550 US RipSurfer X — a surfboard with a moving mechanical system underneath "designed to simulate the physical demands of surfing without the ocean."

TORSTAR NEWS SERVICE

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Food banks provide 9% of food needs: Report

Put Food in the Budget. Campaign questions who benefits from food banks' continuing existence

Food banks across the country provide users with just nine per cent of their food needs on average, says a discussion paper to be released Monday by a group calling on the government to address the underlying issue — poverty — and raise social assistance rates as well as the minimum wage.

The paper, from the Put Food in the Budget campaign, says banks distribute 200 million pounds of canned and packaged food a year to 1.7 million people, which works out to 9.8 pounds of food each month per person.

Gail Nyberg, executive director of the Daily Bread Food Bank, agreed that poverty is the cause and said food bank officials have been fighting to bring about changes to things like the Ontario child benefit and social assistance.

Nyberg said food banks were never designed to meet 100 per cent of users' needs but rather to supplement. Moreover, she does not believe the nine per cent figure is accurate for Daily Bread, which gives out 58,000 food hampers a month.

The report is also critical of corporations' annual holiday food drives, which are now under way, saying they only make up three per cent of all donations. But in total, corporate efforts throughout the year account for 25 per cent of food bank food.

Quoted

"Beyond the table, food banks have become hubs for social innovation and community."

Amanda Finley King

The Ontario Association of Food Banks helps 125 local food banks distributing more than eight million pounds of food. But the services they provide have expanded over the years, said Amanda Finley King, the association's communications manager.

"Beyond the table, food banks have become hubs for social innovation and community," she said.

TORSTAR NEWS SERVICE

Kalina Hazlewood of Mississauga and her dog Sammy. COURTESY HAZLEWOOD

Mississauga. New dog law now in effect

Mississauga dog walker Kalina Hazlewood says she would never leave her one-year-old potcake Sammy out in the cold. Hazlewood, 32, treats Sammy like a child — dressing him in booties, coating his lips with Chapstick and never keeping him outside for too long in winter.

But not everyone is so cautious about the cold when it comes to their beloved pups. That's why a new law, looking to minimize the neglect of dogs, is coming into effect in Mississauga on Monday.

The law bans dog owners from leaving any animal without adequate shelter — defined as a double-walled and insulated doghouse that is large enough for the pet to stand up, turn around, lie down and stretch its limbs in — outside during extreme weather. It also says that dogs may only be tethered for a maximum of four hours in a 24-hour period. Any dog left tethered must be in sight of others and able to access food, water, shelter and shade.

When taking your dog on the road, the law says it must remain in the passenger compartment of the vehicle and not be left unattended in the car if weather conditions are unsuitable.

The new rules are a result of last year's bitter cold winter, which included an ice storm crippling the city's infrastructure and keeping many indoors, says Shane McNeil, a dog owner and member of the Society Advocating for Dogs.

TORSTAR NEWS SERVICE

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'Sensitive' information

Telcom disclosure of surveillance details worried officials: Memo

A move by telecommunications firms to be more forthcoming with the public about their role in police and spy surveillance could divulge "sensitive operational details," a senior Public Safety official warned in a classified memo.

Company efforts to reveal more about police and intelligence requests — even the disclosure of broad numbers — would require "extensive consultations with all relevant stakeholders," wrote Lynda Clairmont, senior assistant deputy minister of the national and cybersecurity branch.

Clairmont's note, released under the Access to Information Act, provided advice to deputy minister Francois Guimont on the eve of his one-hour April 17 meeting with representatives of Telus Corp. to discuss specifically what information the company was allowed to tell the public about electronic surveillance activities.

Telus released a "transparency report" five months later, revealing it had received more than 103,000 official requests for information about subscribers in 2013.

Rogers Communications published a similar report in June — three months before Telus — becoming the first of the major Canadian telecom firms to issue one. Bell Canada has yet to release a report.

The internal Public Safety memo sheds new light on tensions between government officials and industry amid pressure from privacy advocates and civil libertarians for details of the scope and nature of law-enforcement access to Canadians' subscriber information, phone calls and email messages.

THE CANADIAN PRESS

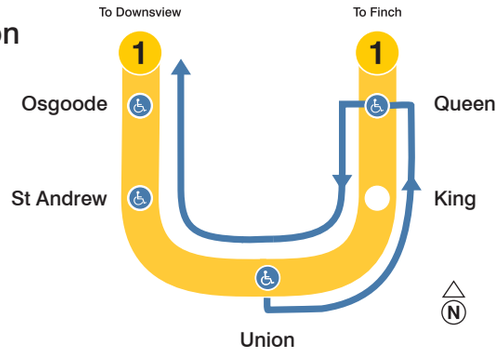
Union Station elevator closure

Elevator service connecting the fares concourse to the northbound platform (trains to Downsview Station) will be unavailable until early February 2015. The elevator connecting to trains travelling northbound to Finch Station is not affected.

Travelling northbound on the University line from Union Station towards Downsview Station:

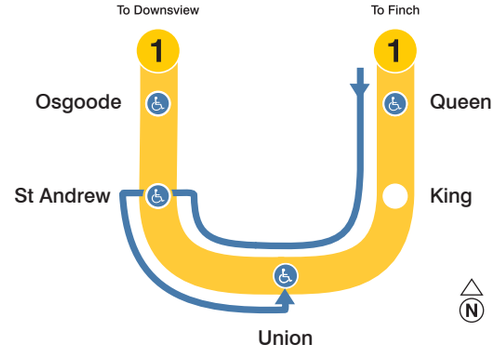
Customers needing elevator service should take the Yonge-side elevator to the platform, travel two stops north to Queen Station, and use the elevators to access a southbound train to continue your journey.

Proof of payment (e.g. paper transfer) is required at Queen Station.



Travelling southbound on the Yonge line to Union Station:

Customers who require elevator service at Union Station should continue to St Andrew Station, cross the centre platform, take the next train back to Union Station and use the Yonge-side elevator to concourse level.



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TORONTO TRANSIT COMMISSION

First Nations drummers perform at a rally to celebrate the end of the Kinder Morgan survey work on Sunday. STEFANIA SECCIA/FOR METRO IN VANCOUVER

Pipeline furor winding down

Kinder Morgan. 'This is one battle,' says B.C. protester, vowing to fight and 'win this war'

Hundreds gathered on top of Burnaby Mountain near Vancouver on Sunday to wind down the latest, and most heated, protest against Kinder Morgan's proposed Trans Mountain pipeline project.

More than 120 arrests were made in a little over a week as Kinder Morgan conducted survey work on its preferred pipeline route through the mountain, which is home to a conservation area and Simon Fraser University.

On Sunday, protesters who camped out on the mountain and their supporters celebrated after the company completed its work and left the area over the weekend.

"This is one battle," said Rueben George of the Tsleil-Waututh Nation, program manager of Sacred Trust Institute, to the crowd. "This is one battle, and we will keep going until we win this war."

Burnaby-Douglas MP Kennedy Stewart, who has been openly opposed to the Trans Mountain pipeline expansion, was in attendance to offer his support to the "protectors of the mountain."

On Thursday, the B.C. Supreme Court threw out civil contempt charges against most of those arrested because the company provided incorrect GPS co-ordinates when it initially sought an injunction to protect two work sites. The court also denied Kinder Morgan an extension to the injunction, forcing it to pack up by Dec. 1.

"(Kinder Morgan) scored an own goal by getting the co-ordinates wrong on the GPS. They failed here," Stewart said.

"It doesn't give you much faith in their ability to build a $5-billion pipeline. So it'll be up to them, what they're going to put our community through next."

The company removed equipment and supplies from two work sites on Saturday morning, according to a statement. It is confident it obtained sufficient data from two test holes to report back to the National Energy Board.

Early results show Burnaby Mountain is a viable option for the project, Trans Mountain says.

"Ultimately, if the project is approved, there will be no surface disturbance on Burnaby Mountain because the tunnel, at its deepest point, will be approximately 160 metres below surface," the statement reads.

STEFANIA SECCIA/FOR METRO IN VANCOUVER, WITH FILES FROM THE CANADIAN PRESS

Project

Trans Mountain is proposing a 1,150-kilometre pipeline expansion between Alberta and Burnaby. If approved, the twinned pipeline would increase capacity of the system from 300,000 barrels per day to 890,000.

Michaëlle Jean named new leader of la Francophonie

Secretary-General of la Francophonie Abdou Diouf raises the hand of former Governor General Michaelle Jean as she celebrates after being chosen as the new Secretary-General of la Francophonie during the Francophonie Summit in Dakar, Senegal on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

First female leader. Jean will replace Abdou Diouf, who stepped down after 10 years in the position

Former governor general Michaëlle Jean has been named the first female leader of Organisation Internationale de la Francophonie (la Francophonie) and says its members must work closely together to ensure prosperity and stability.

While the organization has concentrated largely on cultural issues over the years, Jean signalled on Sunday that more emphasis will be put on economic matters.

"One of the most ambitious and daring objectives that la Francophonie has ever set for itself is the idea of an economic Francophonie," she told a news conference after being named by consensus at a summit of its members in Dakar, Senegal.

"We need to work together, unite our efforts, especially as countries want growth, prosperity and development, knowing for example that a crisis in Mali is not (just) a Malian crisis."

She said a sharply focused economic strategy can provide "new relevance for la Francophonie."

Jean, 57, was up against four other candidates at the summit of la Francophonie, whose 57 members include Canada, Quebec and New Brunswick. She will replace Abdou Diouf, who stepped down after more than 10 years in the position.

Prime Minister Stephen Harper, who attended the meeting with Quebec Premier Philippe Couillard and New Brunswick's Brian Gallant, congratulated Jean.

"It's a great reflection on our country, on the role we play in the francophone world, internationally, and the recognition of the importance of the French fact and the French reality in our own country," Harper said. THE CANADIAN PRESS

List of demands

Prentice to discuss Energy East with Ontario, Quebec

Alberta Premier Jim Prentice is scheduled to meet with his Ontario and Quebec counterparts this week to lobby for support of the Energy East pipeline.

Both eastern premiers have a list of demands. They want contingency plans and emergency response programs, consultations with First Nations and consideration of environmental impact and greenhouse gas emissions. THE CANADIAN PRESS

D-rating

Canada lagging on animal protection: new global index

Archaic anti-cruelty legislation and weak transportation laws are among the reasons for Canada's mediocre ranking when it comes to animal protection, according to a new global assessment.

Overall, Canada gets a D-rating on the animal protection index, which rates 50 countries on a scale of A to G.

THE CANADIAN PRESS

Israeli-Canadian woman captured by ISIL: Reports

An Israeli newspaper report says Islamist websites are claiming extremists have kidnapped an Israeli-Canadian woman who joined Kurdish fighters.

The Jerusalem Post says reports of Gill Rosenberg's capture surfaced Sunday on websites "known to be close" to extremists from the Islamic State of Iraq and the Levant (ISIL). The newspaper says the websites give few details on the alleged kidnapping, only that it occurred after three suicide attacks on sites where Kurdish fighters were holed up.

A Foreign Affairs spokesman says the government is aware of reports a Canadian citizen was kidnapped in Syria and is "pursuing all appropriate channels to seek further information."

Clashes between ISIL and Kurdish troops have largely focused on the Syrian city of Kobani, near the Turkish border.

The al-Qaida splinter group is currently in control of large swaths of territory in both Syria and Iraq. THE CANADIAN PRESS

Saudi Arabia

Canadian stabbed by Saudi: Report

The official Saudi Press Agency says a Canadian citizen was stabbed by a local man while he shopped in a mall with his family in the country's oil-rich Eastern Province.

The news agency, quoting a police spokesman, says the victim was transferred to a hospital Saturday afternoon.

Police say they have arrested the man and are investigating. THE ASSOCIATED PRESS

Mental health staff for remote military posts difficult to find: DND documents

National Defence's pool of candidates for vacant mental health positions dried up quickly last spring when civilian recruits were told they would have to relocate to far-flung military outposts.

Critics say that underlines the need to recruit uniformed psychiatrists, psychologists and counsellors. Briefings and documents, obtained by the federal Liberals, show how officials scrambled to fill 54 vacant staff jobs amid a crisis where as many as 10 soldiers and veterans took their own lives within a three-month period.

"We anticipate a minimal number of offers to be issued because those qualified individuals remaining in the pool are not interested in the work locations are unwilling to relocate," said a document prepared by the assistant chief of military personnel.

National Defence tried to fill the vacancies by launching ad campaigns, but officials said there was a lack of interest in locations such as Cold Lake, Alta., or Shilo, Man. THE CANADIAN PRESS

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Released. Colombian general set free by rebels

Colombia's largest rebel group has freed an army general and two others whose capture led President Juan Manuel Santos to suspend peace talks.

The Revolutionary Armed Forces of Colombia handed over Gen. Ruben Alzate and his companions — an army corporal and military lawyer — to a humanitarian mission led by the International Red Cross early Sunday morning.

The group was then shuttled by helicopter to a military base near Medellin, from where they'll head later on to Bogota.

Alzate was the highest-ranking military officer captured by the rebels in 50 years of fighting, and the incident immediately plunged into crisis peace talks taking place in Cuba.

Determined not to scuttle two years of slow but steady progress, the rebels dispatched from Havana one of their top commanders, a member of the ruling secretariat known by his alias Pastor Alape, to oversee the hand-over deep inside the jungles of western Colombia.

"I'm infinitely happy," Claudia Farfan, wife of the U.S.-trained counter-insurgent expert, said after receiving a call from the president, informing her that her husband was safe and well. "I can smile again."

Santos had said peace talks would only resume upon the safe return of the general's group as well as two rank-and-file soldiers taken during a firefight earlier in the month.

Now free, the 55-year-old Alzate will have to answer tough questions about why he apparently violated military protocol and ventured upstream into the rebel-dominated Atrato River dressed as a civilian and without his normal security detail.

For its part, the rebel movement is calling for an immediate redesign of the two-year-old peace process, which it says is threatened by the government's refusal to accept a bilateral ceasefire.

THE ASSOCIATED PRESS

Israel. 1948 migration to new nation celebrated

Israel has commemorated the mass migration of Jews from Middle Eastern countries following its creation in 1948.

President Reuven Rivlin marked the occasion with a Sunday reception meant to honour the 800,000 people who were expelled, fled or willingly left their homes from countries ranging from Morocco to Iran.

In a statement, Prime Minister Benjamin Netanyahu linked the occasion to Arab countries' continuing unwillingness to accept Israel's legitimacy. Only two Arab countries — Jordan and Egypt — have diplomatic relations with Israel.

Some Israelis say that just as the international community recognizes the plight of the 750,000 Palestinians who fled or were forced to flee during the war that led to Israel's creation, it should also take note of the exodus of the 800,000 Middle Eastern Jews. THE ASSOCIATED PRESS

Chili diner stands by Cosby despite sex-assault allegations

Ben's Chili Bowl restaurant in Washington, D.C., on Saturday. There's an old diner in the U.S. capital that's as beloved for its chili dogs as it is for its survival, having withstood devastating riots and economic lean years. Now it's standing by Bill Cosby, its longtime customer whose face is plastered all over the place. Cosby has been eating at Ben's Chili Bowl for over a half-century. In fact, he's part of the decor. A huge mural outside has his face on it; the wall inside has his photos up; and there's a sign behind the cash register that says he eats for free. That won't change with a string of sexual-assault allegations. The owners say they have no plans to scrub Cosby off the walls or the sign behind the cash that says, "People who eat free: Bill Cosby. President Obama/Family. And no one else." ALEXANDER PANETTA/THE CANADIAN PRESS

Ferguson cop did not get severance

Shooting of Michael Brown. Darren Wilson left force after alleged threats against him stirred fears of police, community safety

Ferguson police officer Darren Wilson did not receive a severance package when he resigned over the weekend, the St. Louis suburb's mayor said Sunday.

Wilson, 28, won't receive any further pay or benefits, and he and the city have severed their ties, Mayor James Knowles told reporters a day after Wilson tendered his resignation, which was effective immediately.

Wilson, who is white, had been on administrative leave since he killed Michael Brown, an unarmed black 18-year-old, during an Aug. 9 confrontation. A grand jury decided Monday not to indict him, sparking days of sometimes violent protests in Ferguson and other cities.

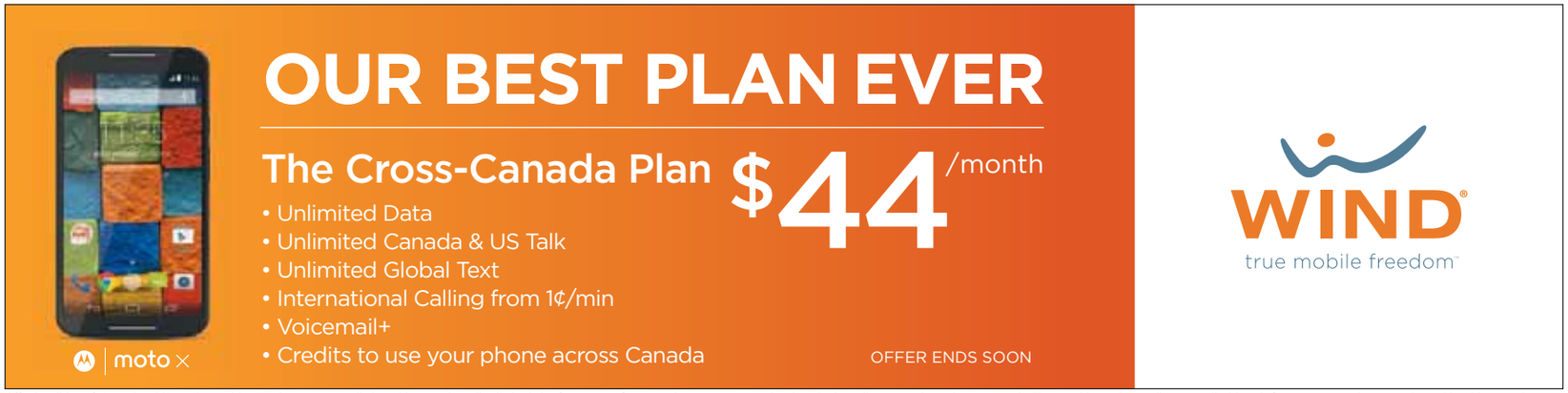
Wilson wrote in his resignation letter that his "continued employment may put the residents and police officers of the City of Ferguson at risk, which … I cannot allow."

His lawyer, Neil Bruntrager, said Wilson decided to step aside after Police Chief Tom Jackson told him about alleged threats on Saturday.

"The information we had was that there would be actions targeting the Ferguson (police) department or buildings in Ferguson related to the police department," Bruntrager said.

He said Wilson, who had worked for the department less than three years, and the city were already discussing an exit strategy.

THE ASSOCIATED PRESS



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Nearly 1,000 activists marched during Sunday's gay-rights parade in New Delhi, India, demanding an end to discrimination against gays in India's deeply conservative society. TSERING TOPGYAL/THE ASSOCIATED PRESS

Indians take to the streets for gay rights

'We feel our rights are being violated.'
Hundreds march in rally, demand an end to colonial-era ban

Nearly 1,000 gay-rights activists marched through central New Delhi on Sunday to demand an end to discrimination against gays in India's deeply conservative society.

Holding balloons, flags and placards, activists and their supporters sang songs and danced to the beat of Indian drums as they held hands and walked in the annual rally.

Indian gays are demanding that the government remove a colonial-era law banning same-sex relations. India's Supreme Court last year reversed a lower-court order that decriminalized gay sex, a decision originally made in 2009.

"Living in India, a democratic country, we feel our rights are being violated as we are not allowed to live as we want," said Rudrani Chettri, a gay man wearing a red and black sari, the dress typically worn by Indian women.

THE ASSOCIATED PRESS

Police and protesters clash in Hong Kong

Police officers throw a pro-democracy protester on the main road outside the government headquarters in Hong Kong on Sunday. Hundreds of protesters faced off with police late Sunday night, stepping up their movement for genuine democratic reforms after being camped out on the city's streets for more than two months.

KIN CHEUNG/THE ASSOCIATED PRESS

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U.S. case probes limits to free speech on the Internet

Social media.
Pennsylvania man convicted after posting rap lyrics on Facebook about his estranged wife

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Share what's new in your life

Anthony Elonis was convicted of violating a U.S. federal law that makes it a crime to threaten another person, after posting a series of graphically violent rap lyrics on Facebook about killing his estranged wife. AFP/GETTY

Anthony Elonis claimed he was just kidding when he posted a series of graphically violent rap lyrics on Facebook about killing his estranged wife, shooting up a kindergarten class and attacking an FBI agent.

But his wife didn't see it that way. Neither did a federal jury.

Elonis, who's from Bethlehem, Pa., was convicted of violating a federal law that makes it a crime to threaten another person.

In a far-reaching case that probes the limits of free speech over the Internet, the Supreme Court on Monday was to consider whether Elonis' Facebook posts, and others like it, deserve protection under the First Amendment.

Elonis argues that his lyrics were simply a crude and spontaneous form of expression that should not be considered threatening if he did not really mean it. The government says it does not matter what Elonis intended, and that the true test of a threat is whether his words make a reasonable person feel threatened.

One post about his wife said, "There's one way to love you but a thousand ways to kill you. I'm not going to rest until your body is a mess, soaked in blood and dying from all the little cuts."

Elonis was convicted of making threats of violence and sentenced to nearly four years in federal prison. A federal appeals court rejected his claim that his comments were protected by the First Amendment. THE ASSOCIATED PRESS

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VOICES

HE MADE PEOPLE GIVE A DAMN

OK, so Rob Ford was mostly a terrible mayor, but he did give us the gift of civic engagement.

MATT ELLIOT
toronto@metronews.ca

One of the questions I get asked a lot goes like this: do you think Mayor Rob Ford did anything good for the city?

There are two ways I can answer that.

The first is kind of boring. I can point to some small, positive things that happened to take place during Ford's term, which officially comes to an end today. Things like the creation of the StreetARToronto mural program, the city's move to replace paper welfare cheques with debit cards or the hiring of chief planner Jennifer Keesmaat.

These things didn't begin to make up for the general chaos and dysfunction of the Ford era — but they did, at least, represent progress.

Still, I much prefer my other answer to that question. Yes, Ford did something good for the city: he made people give a damn about city government.

It wasn't totally intentional, but Ford brought people to city hall who had previously never thought much about politics. And they mattered.

I won't ever forget people like 14-year-old Anika Tabovarada, who tearfully and forcefully asked the mayor not to close her local library at an all-night executive committee meeting.

Rob Ford walks by a statue of Santa as he leaves city hall in Toronto in December 2013. MARK BLINCH/THE CANADIAN PRESS

I'll always remember the sight of the city-council gallery packed with helmet-wearing cyclists, who came out in force in an attempt to save some painted lines on Jarvis Street.

And I'll remember the work of groups like Women in Toronto Politics, who did so much to diversify the voices at city hall, or CodeRedTO, who weren't afraid to go into Scarborough and try to sell them on the virtues of light rail transit.

And I definitely won't forget the time a motley crew of people who love Toronto's waterfront fought against Doug Ford's grand lakefront Ferris wheel — and won.

And I won't forget what all this meant for me.

Four years ago, I was a mostly apolitical kid. But the politics of the Ford era drew me in. First with my own blog and then with Metro, I wrote an estimated 378,000 words about Ford's city hall, doing things along the way that I never thought I'd do.

The Mayor Ford era is over, but the engagement that it sparked doesn't have to end. I'll do my part. Starting today, my Ford For Toronto blog at metronews.ca will become Tory's Toronto.

In these pages and online, I'll be keeping tabs on new mayor John Tory as he tries to put his stamp on the city.

My hope is that the people who came to care about city politics during the Ford years will stick around, too. The last four years were a crazy time for the city, and it's time to move forward, but let's not abandon the one really good thing Ford did for Toronto. Let's not forget.

World AIDS Day

In the span of a generation, AIDS has gone from being a death sentence to a treatable disease in Canada. With World AIDS Day taking place this Monday, Metro's Matt Kieltyka talks to experts about how far we've come and what still needs to be done.

DEVASTATION SPURRED US INTO ACTION

Dr. Julio Montaner

Dr. Julio Montaner, the world-renowned AIDS researcher and director of the British Columbia Centre for Excellence in HIV/AIDS, remembers what it was like to walk the streets of Vancouver at the height of the outbreak in the 1980s and '90s.

"The first decade or two was really devastating. It was a bit scary to walk down Davie Street," said Montaner, referring to the city's gay district. "There was a lot of AIDS walking around, a lot of sick people."

At that time, patients — mostly gay men, then — were being ostracized, discriminated against and stigmatized. For Montaner, it was the sight of real human suffering on the streets and the chance to learn from advocates that helped turn the tables and change the culture surrounding the disease.

"It had an effect on you," said Montaner, chief architect of the UN's new 90-90-90 strategy to end the AIDS epidemic by 2030.

Much of the fear and paranoia in the gay community gave way to tolerance and education, allowing researchers and health-care workers to attack the virus. Patients are living longer lives thanks to Montaner and his team, who championed advances in the form of highly active antiretroviral therapy (to reduce viral loads) and the Treatment as Prevention model (to cut the spread of the disease). The latest advancement is a regimen of drugs that can be taken proactively, preventing patients (those that can afford it) from contracting the virus. As a result, new AIDS cases in Canada have dropped 90.6 per cent since 1993, when the country reported a record 1,833 cases.

Montaner has been calling for the federal government to adopt his strategies on a national level to reach affected and often marginalized groups.

SHIFT DOESN'T EXTEND TO THOSE HIT HARDEST

Jessica St. Jean

Despite the medical progress being made treating patients and reducing the spread of HIV/AIDS, cultural stigmas still prevent many populations from accessing proper education, testing and medical services.

"HIV, in the minds of people, is as serious as it has ever been," said Jessica St. Jean, manager of the indigenous education program at YouthCo, a Vancouver organization that strives to reduce the impact of HIV among youth.

"There is still so much stigma and fear around sex and sexuality and HIV."

While gay communities in urban centres have plenty of education and medical resources available to them, other demographics aren't so lucky.

First Nations, gay people in rural communities, drug addicts and sex-trade workers are underserved and even criminalized in many cases.

"(Yet) marginalized populations are the ones most affected by HIV," said St. Jean.

For example, the rate of positive HIV test reports in Saskatchewan has suddenly skyrocketed to 17 per 100,000 people as of 2012, three times the national average.

That spike is largely attributed to drug use within aboriginal communities.

"Just getting tested is a barrier outside the cities," said St. Jean, adding education is woefully lacking, along with resources.

"I'm indigenous and come from a small town; it's well known if you go to a hospital you won't be treated as well because of the colour of your skin."

metro

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The Polar Sea follows amateur sailors through the Northwest Passage in a 10-hour TV documentary and an interactive online video and magazine. CONTRIBUTED

See Arctic voyage on TV, online or in virtual reality

Multimedia. The Polar Sea borrows Netflix strategies as it tracks amateur sailors on journey through the Northwest Passage

It's a 10-part TV documentary series, an interactive web doc, an online magazine and an experiment in the emerging field of virtual reality.

The producers behind The Polar Sea, which follows a trio of middle-aged amateur sailors on an ambitious and arduous voyage through the Northwest Passage, don't really care how you experience their investigation into climate change.

But they are proud that the documentary is getting so much airtime — on TVO in Ontario starting on Monday. New episodes air every weeknight for two weeks. The series will also be available for all Canadians to stream at tvo.org/polarsea. Borrowing a strategy from Netflix, all 10 episodes will go online on Monday for binge watchers.

It was decided early on that the TV doc would be just one part of the story, says producer Kevin McMahon of Toronto-based Primitive Entertainment, who notes that the Canada-German co-production involved five film crews shooting over the course of four months.

"I think everybody in this business is now looking at finding a way to speak to as broad an audience as possible and, increasingly, that means speaking through different platforms. We're trying to offer as many doors into the story as we possibly can."

Climate change

Producer Kevin McMahon says the doc looks at climate change through the Arctic because it's changing faster than anywhere else in the world. "Ten or 15 years ago, it would've been impossible for me or you to sail through the Northwest Passage."

Production company Deep 360 created an interactive 30-minute online companion documentary with 360-degree video. In a web browser, users can zoom, pan up or down, or spin the camera angle around as the documentary plays. In one incredible scene, viewers are on a beach as the Northern Lights glow overheard.

"Everyone had this wish to create something on the interactive side in tandem with the series that would allow people to actually experience the Arctic," says Deep 360 founder Thomas Wallner.

The interactive documentary is also compatible with soon-to-be-released virtual reality devices, including the Facebook-owned Oculus Rift and Samsung's Gear VR.

For those who want to go really deep into the subject, there's also an interactive online magazine — available in English, French or German.

THE CANADIAN PRESS

DVD review

Dawn of the Planet of the Apes

Director. Matt Reeves

Stars. Andy Serkis, Jason Clarke, Gary Oldman

In title and spirit, it evokes the opening sequence of Stanley Kubrick's 2001: A Space Odyssey, an obvious influence on director Matt Reeves.

Dawn builds on Rise of the Planet of the Apes (2011), picking up the prequel story about a decade after mankind has been devastated by a simian flu unleashed just as smart apes have revolted against human oppressors.

Andy Serkis again stars as lead ape Caesar, the most intellectually and emotionally evolved of the apes, having grown not just as a rebel and leader but now also as a father and family figure.

Caesar can understand the need of the surviving band of humans — led by Jason Clarke and Gary Oldman — to restore order by reactivating a hydro power plant in ape territory outside a ruined San Francisco. But rivals amongst both apes and humans conspire against him.

The thoughtfulness isn't at the expense of action, which the movie delivers with impressive power. PETER HOWELL

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Millions of video-game players already use streaming services such as PlayStation Now or Nvidia Grid. ISTOCK

Serious computer gamers are jumping to the cloud

Video gaming.
Streaming services turn any computer, console or tablet into a high-end game machine

As many as 150 million people will be streaming video games over the Internet by the end of next year, predicts market research firm Strategy Analytics.

Accessing serious games used to require a serious PC, a PlayStation 4 or an Xbox One. But any computer or tablet can become gaming devices if the heavy graphics and processing are done in the cloud.

However, streaming does require high-speed Internet access and may result in lower-quality graphics. AFP

Console wars

One reason PlayStation4 is outselling Xbox One is Sony's cloud gaming service. It lets owners stream their favourite games from older PlayStations to the new console, even though physical copies are not compatible on the new console.

Download this! Metro gives you its weekly picks for the best in gaming, apps and ebooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Ebooks

The Secret History of Wonder Woman

By. Jill Lepore

Kindle/iBooks/Kobo

Wonder Woman is the culmination of creator William Marston's life. She reflects his role in the suffragette and feminist movements, the self-described Amazons he lived with, and his invention of the lie detector test. Filled with vintage illustrations, this

detailed account charts his creation of comic's most enduring super heroine.

App

Monty's Xmas

iPhone/iPad
Free

Waddle through the holiday season with this interactive tale and card maker featuring viral Internet hit Monty the penguin. Although inspired by an ad, this is a charming kid's book.

Video game

Name. Far Cry 4

For. PS3/PS4/Xbox 360/ Xbox One/PC

Rated. Mature 17+

Deranged animal attacks and incessant gunfire almost spoil this go-anywhere, do-anything adventure, where the mystical lands of India are simulated so extensively you need ATVs, hang gliders, and helicopters just to get around. Given the freedom to play missions in any style, it's impressive how well it adapts.

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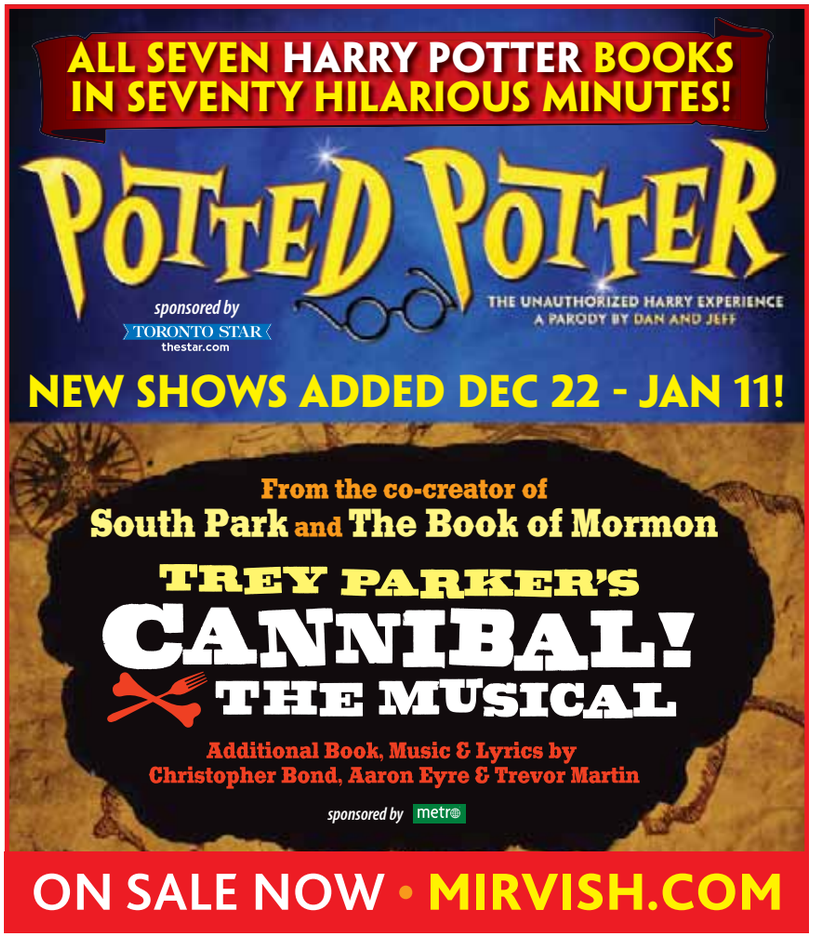
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shia LaBeouf says he was raped at art gallery

NED EHRBAR
Metro in Hollywood

Hey, remember earlier this year when Shia LaBeouf set himself up in a Los Angeles art gallery with a bag over his head to have staring contests with strangers for five days? Well, the actor says he was raped during the show. "One woman who came with her boyfriend — who was outside the door when this happened — whipped

my legs for 10 minutes and then stripped my clothing and proceeded to rape me," LaBeouf says in an email interview with Dazed and Confused magazine. "Then (she) walked out with her lipstick smudged to her awaiting boyfriend who I imagine was quite hurt by it." To make things even more absurd, this happened when his girlfriend, Mia Goth, was coming to visit the show and he couldn't talk to her about it. "It was Valentine's Day and I was living in the gallery sleeping in a sleeping bag for the duration of the event," he explains. "We were separated for five days. No communication. So it really hurt her as well as I guess the news of it travelled through the line. She was only about 25 people back. When she came in she asked for an explanation and I couldn't speak so we both sat with this unexplained trauma silently. It was painful."

Taylor Swift ALL PHOTOS: GETTY IMAGES

Shake It Off, Matt: Taylor might still want you

Maybe you've never heard of British band The 1975, but apparently it's a thing and it has a lead singer named Matt Healy, who recently met Taylor Swift. And the meeting apparently went really well — though Healy might have just ruined everything with a single radio interview. "I met Taylor Swift — that was really nice," Healy said during a recent interview with Shazam Top 20 radio. "We exchanged numbers. Let's see what happens." I could tell you what's going to happen, Matt, but I don't want to spoil it. "I mean bloody hell, what am I going to do? Go out with Taylor Swift? She's a sensation, I wouldn't say no," Healy added. Oh Matt, buddy, I don't think that's up to you anymore.

Mickey Rourke's dubious boxing victory

A nearly unrecognizable Mickey Rourke took to the ring at age 62 to defeat a 29-year-old opponent during a boxing match in Russia over the weekend, and if it all sounds too good to be true, that's because it probably is. Footage from the bout shows Rourke levelling former California Golden Gloves champ Elliot Seymour with a couple of suspiciously weak-looking blows. Rourke had a three-year boxing career that ended more than 20 years ago, and he says this victory is just the beginning, as he has another four fights planned. "I've got some things going on in my life so (boxing has) sort of saved me from myself," Rourke recently told Russian television. "And for a man like me, it's better to live in fear than go on in shame."

Mickey Rourke

Twitter

@SarahKSilverman
I have 3 spoons. I am a full grown woman & I own 3 spoons. Shouldn't I have like 10-12 spoons?

@ChloeGMoretz
Stealing pics from people's private accounts is rude and invasive. Just don't do it

@IGGYAZALEA
Santa snow spray is addictive. I'm spraying my entire house. F--- it.

Frugality isn't the other F-word

Money management. Hang-ups about conscious budgeting can get in the way of good financial plans

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Do you worry if being frugal may be perceived as cheapness? ISTOCK

Do you think people who are more frugal are so because of necessity? Do they think frugality leads to wealth? Or are they just uptight weirdos who will do anything to save a buck?

Stories abound about the "millionaire next door" who drives the 20-year-old rust bucket and wears the same pants he bought in 1942.

And there are a wealth of anecdotes about people who clip coupons, hunt the deals, shop very carefully to save cents because that's the only way they can make ends meet.

But what about the people in the middle; the folks who have enough to make do and then some. How careful are they about how they spend their money? And what drives them to be frugal if they are?

I was sharing some apps I'd recently been talking about on TV with a bunch of women when one woman said with a great deal of disdain, "We don't need to be careful. We make more than enough money and I like not having to think about it."

Another in the group responded, "Hey, I like the game. I love seeing how much I can save each month. It feels like a win!"

So which camp do you fall into?

a) I don't even want to think about it

b) I love the game

c) I have no choice

I'm not a rabid bargain shopper. I like a good deal, but no deal is good enough to make me spend money for something I don't actually need or really, really want.

So hearing there's a sale on at the TV store isn't going to make me go looking at TVs. In fact, if I'm not looking for something in particular, no flyer is going to make me head to the store for new shoes, garden supplies or patio furniture.

In my book, sensible spending and solid money management are as important as how much moolah you're bringing in.

After all, if you spend every cent of your salary, no matter how enormous it may be, you will still wind up in Debt Hell.

Witness what happened in Alberta in the last couple of years as people's incomes skyrocketed and their ability to borrow went right on up, too.

Albertans have the highest level of debt in the country — so much for those great incomes — and their net worths are falling like a rock.

If you make the effort and take the time to watch your money, you can grow a pretty satisfying nest egg on a relatively small income.

That's where the "blue-collar millionaire" phenomenon was born. Once upon a time, blue-collar workers were seen as just making ends meet.

Then financial institutions woke up to the reality that lots of people with average-Joe salaries had stockpiled quite the basketful of money simply by making saving a priority. There are all kinds of reasons why people eschew frugality. Some folks hate the idea of holding up the checkout line with their myriad coupons.

Others don't want people to think them "cheap." Still others just can't be bothered with hauling around flyers for price matching or pulling out the right loyalty card to earn points. Saving money should simply be a habit.

And when you find yourself becoming complacent — when you think you have so much money that you don't consider cost a factor in your purchase decision — it's time to pinch yourself.

You've wandered into dangerous territory.

Technology tips

I have some good news: Technology has made it easier than ever to save money while shopping, so you have the money you need to meet goals like debt repayment, retirement savings, and saving for your kids' future education. Here are five of my faves:

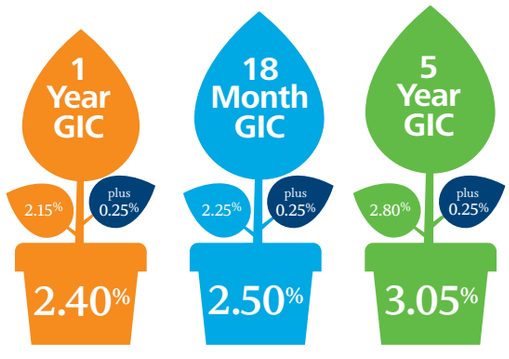
1 Flipp: Find what's on sale and clip it straight to your shopping list. You know how I feel about shopping lists. Never leave home without one! No more toting around flyers so you can price match. And if you're looking for something in particular, just type it into the search function.

2 Checkout 51: A Canadian app, you take a picture of your receipt and submit it and the products featured give you cash back without your having to clip a coupon. When your account hits 20 bucks, you ask for a cheque. Download CartSmart and SnapSaves and make your receipts do triple-duty!

3 Gasbuddy: Find the cheapest gas wherever you are and earn points for gas prices you report to the site. This is community shopping at its best.

4 Redlaser: Tired of hauling around all those loyalty cards? Download Redlaser and you won't have to. Need I say more?

5 BillMinder: Have trouble keeping track of when bills are due? This app is for you. See all your bills, record the date paid and even export to Excel. Nifty.



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They're hiring you, not your home

If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your flaky Internet connection.

Dear Metro,

I have a Skype interview this week for a new job. It's a big position, and I want to look professional. Problem is, I live in a crummy apartment with loud, nosy roommates. I'm afraid I'll be interrupted or come off like an unprepared kid. How can I make myself seem more polished?

— Incoming Call

Dear IC,

Skype interviews aren't an invitation to talk shop in your undershirt while eating Spaghettios. Treat it like an IRL assessment: Comb your hair, and be prepared.

Your home may not be the 11th-floor boardroom, but you can stage a neutral set-up. Keep your background simple: Blank walls are best.

If your roommates are so reckless they can't respect a "PLEASE DO NOT DISTURB" text, consider renting a sealed meeting room at a shared workspace or library. Just make sure they have a solid Wi-Fi connection.

And on that note, remember that it's more about you than your surroundings. If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your Internet connection.

Same goes for your roomies: If they bust onscreen wearing body paint and swinging a bottle of Jack Daniels, ask them to leave in a professional manner. Then eat their cookies later.

Dear Metro,

I share a small office with a really nice guy — who is also anal-retentively clean. He won't let me touch anything. He even gets finicky when my own desk gets cluttered! I'm the type of person who likes a little lived-in mess, and I'm finding his rules really aggravating. How can we find a middle ground?

— Must Maintain Some Mess

Dear MMSM,

He: likes Lysol wipes. You: want to work among knick-knacks and paper stacks. The match is not ideal — but there are techniques to Swiffer your tensions away.

How "alive" is your "lived-in" disorder? If your corner is a dumping ground for empty Tim Hortons cups and, say, old copies of Metro circa 2012, the problem isn't him — it's you.

A certain level of professional cleanliness is expected at any office, and you first need to check your own mess.

If he's overly must-dust clean, set some boundaries. Your desk is your own office real estate, and he shouldn't get all twitchy if you leave some mail next to your phone. Respect the common areas, but explain, politely, that your brain functions better in clutter.

You could also make a schedule: Say you'll tidy once a week and stick to it. He can't fret on Monday when housekeeping day is Thursday. Or just let the guy clean. Saves you from doing it yourself.

If your only at-home interview option is to answer questions from a chaotic kitchen, consider seeking out a quiet meeting space in your community. ISTOCK

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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When Pizza met Mac 'n' Cheese ...

Pizza Mac 'n' Cheese Pie. Two fast food classics team up in one cheesy dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Two of our favourite fast foods are pizza and mac 'n' cheese.

A little kitchen experimentation led to combining these two ideas into a healthier version, and my Pizza Mac 'n' Cheese Pie was born!

Instead of a doughy pizza crust, I use whole wheat penne pasta as the base and pour a lighter cheese sauce over top.

The cheese sauce combines evaporated milk and chicken stock thickened with flour. This eliminates the use of excess butter and higher fat milk.

Using an older, sharper cheese allows you to use less, which also reduces the calories and fat.

This dish is easy to make and a great way to put a spin on meals already in heavy rotation at your household. Pizza Mac 'n' Cheese Pie is sure to be a new family staple!

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 375 g penne pasta (preferably whole wheat)

Cheese Sauce

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 1 cup shredded aged light cheddar cheese
- 1/4 cup grated Parmesan
- 1/2 tsp Dijon mustard

Topping

- 1/3 cup tomato sauce
- 1/2 cup sliced green peppers
- Handful of cherry tomatoes
- 1/3 cup grated mozzarella

Directions

1. Preheat the oven to 375 F. Spray a 10 – 12-inch pie pan or skillet with vegetable oil.

2. Bring pot of water to a boil. Add penne and bring back to a boil, cooking for 8 minutes or just until tender. Drain pasta well and place in pie dish.

3. While pasta is cooking, make sauce. Whisk the flour, stock and milk in a saucepan until smooth. Place the mixture over medium heat and cook, whisking constantly, for about 3 minutes or until the mixture is hot and slightly thickened.

4. Stir in the cheddar and Parmesan cheese and the mustard. Cook until the cheese melts, about 1 minute. Remove from the heat. Add the cheese sauce to pasta and toss to combine.

5. Flatten pasta in pie pan, top with tomato sauce, green peppers, tomatoes and grated mozzarella cheese. Bake for 25 minutes. Let rest for at least 5 minutes to make cutting easier.

This recipe serves six. ROSE REISMAN

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Shop safely online

CONTRIBUTED

What could be more up your tech-savvy alley than doing your holiday shopping online this Cyber Monday? Ensure you have a safe and secure online shopping experience with tips from Joe Stewart, director of malware research for Dell SecureWorks.

1 Make sure your computer's anti-virus and malware detection software is patched and up-to-date. Also, keep your browser and browser plug-ins (document viewers, music and video players and rich content applications) patched and up-to-date.

2 Type the web address of your favourite shopping websites into your browser. "Online ads and emails may direct you to bogus sites designed by cyber criminals to extract personal information," Stewart says.

3 When making online purchases, look for HTTPS in the URL window. The extra "S" after HTTP lets you know the website provides a layer of security.

4 Watch for websites, online ads or unsolicited emails with free offers or big discounts. "Also, be sure not to click on the links or attachments, which could infect your computer with malicious software," Stewart says.

5 Make online purchases using a credit card with a small credit limit. This limits your potential exposure.

6 Be wary of holiday greetings, news and pictures with links or attachments. Verify first that the correspondent sent you the email. "Your friends could have had their email address book hijacked by hackers," Stewart says.

7 Never respond to emails from your bank or any financial institution that ask for updated information. "Financial institutions rarely ask customers to update information via email, and they never ask you to disclose sensitive information via email," Stewart says.

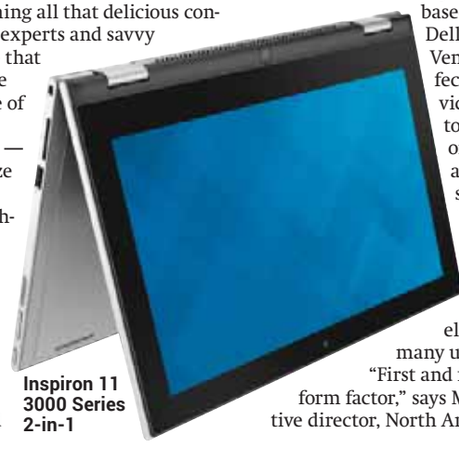
8 Avoid using weak or default passwords for any online site. Use a different password for each site; store your passwords securely and auto-generate new, strong passwords with a passport management tool like LastPass or KeePass.

9 When possible, use a computer dedicated solely for accessing financial accounts, online purchases and paying bills. "This computer should not be used for surfing the web or for emailing, the primary vectors for infecting your computer."

NOTHING BEATS THE EASE OF A TABLET

From streaming TV shows to downloading films to following celebrities on social media, the digital world provides countless ways to keep us entertained. And when it comes to consuming all that delicious content, technology experts and savvy consumers agree that nothing beats the comfort and ease of a tablet.

Today's tablets — with a display size from seven to 10 inches with touchscreen interface — are versatile, portable and pack enough processing power to watch a movie on the go, store and share photos and videos, browse the Internet, download apps, read newspapers, magazines or books, and so much more.



Inspiron 11 3000 Series 2-in-1

But tablets aren't just for fun. Windows-based tablets, such as the Dell Venue 8 Pro and Venue 11 Pro, are perfect for use as work devices, enabling people to use Microsoft Office or Windows-based applications for seamless transition between devices, toggling between a desktop or laptop.

What makes a tablet the preferred electronic device of so many users?

"First and foremost, there's the form factor," says Marissa Tarleton, executive director, North America consumer marketing, Dell. "A tablet is mere millimetres thin and weighs only a pound or less. It's very portable, and it has instant 'on' access, so there's no waiting to boot up a tablet."

Venue 7 3000 Series tablet

Tablets have changed the way many people consume content, but some are choosing two-in-one laptops with tablet and laptop in one device. Typically, with a screen size of 10 to 13 inches, some two-in-ones have a flip or 360 hinge to move from laptop to tablet mode, for example, the Dell Inspiron 11 3000 Series 2-in-1 or the Dell XPS 11.

For users who want the benefits of a more traditional "desktop" feel, the Dell Venue 11 Pro offers an optional full-sized Dell Tablet Keyboard with built-in battery. Or you can go even further with a Dell Tablet Dock, which enables users to connect to external monitors, a keyboard, mouse and printers.

For this year's holiday gift list, see all the great tablets and other devices at dell.ca.

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Stamps overturn Ticats' title hopes

CFL. Hamilton fans leave Vancouver with heavy hearts after late penalty on Banks' TD

CAM TUCKER
Metro in Vancouver

No lead is safe in the CFL. It's a slogan the nine-team league prides itself on.

In a year when the quality of the product on the field was questioned and criticized, the 102nd Grey Cup had the makings of a blowout in the first half but produced another thrilling finish. At first, the underdog Hamilton Tiger-Cats looked like they were in for another embarrassing loss in the title game.

Their comeback attempt fell short. Brandon Banks, the speedy and small kick returner, appeared to score the go-ahead touchdown late in the fourth quarter on a punt return.

A penalty for illegal block on the return nullified the score. No touchdown. Banks, who got room to the outside and outran everyone to the end zone, was crushed. He put his hands to his face and fell to the turf.

Grey Cup Game

20	16
Stampeders	Tiger-Cats

The Calgary Stampeders, so dominant in the opening half, held on by a final score of 20-16 before a crowd of 52,056 at BC Place Stadium on Sunday.

The Stampeders and 24-year-old quarterback Bo Levi Mitchell, showing the potential of an up-and-coming star, looked unstoppable at one point. And that was without a big performance from Jon Cornish, who was contained to only five yards rushing in the first half.

Six plays after a Nic Grigsby fumble and Hamilton recovery for a loss of 29 yards, the Stampeders opened the scoring in the first quarter on a Drew Tate rushing touchdown.

Tate scored a pair of rushing touchdowns for Calgary, which led by 17-7 at halftime.

This game hinged on few big plays, the penalty on the punt return being the biggest. The Grigsby fumble was another, as was a Justin Medlock blocked field goal attempt in the opening half.

The Stampeders' victory gives them their first Grey Cup since 2008.

Grey Cup turning points

1 First. Stamps strike early

Backup QB Drew Tate scored on a one-yard run as the Calgary Stampeders grabbed a 7-0 lead over the Hamilton Tiger-Cats after the first quarter.

2 Second. Banks opens Grey Cup account

Tiger-Cats speedster Brandon Banks got behind the Calgary defence for a 45-yard TD on a pass from Zach Collaros that cut the deficit to 17-7 at halftime.

3 Third. Parades pushes lead to 13

Rene Parades kicked a 20-yard field goal with 4:20 left in the third quarter as Calgary took at 20-7 lead into the fourth.

4 Fourth. Cup goes to Calgary

Banks brought Ticats fans to their feet with 35 seconds left when he returned a punt 90 yards for a TD, but it was nullified by an illegal block penalty. THE CANADIAN PRESS

Gordie Howe. Hockey great's vital signs good

Gordie Howe is comfortable as he makes a long recovery from two strokes, but the hockey great can't walk and has limited speech, one of his sons said Sunday.

Mark Howe said his 86-year-old father's vital signs are good and he's aware of the reasons for his condition. He added that an epidural reduced pain stemming from spinal surgery last summer.

"He's unable to walk and his speech is very minimal," said Mark Howe, like his father a member of the Hockey Hall of Fame.

Gordie Howe suffered what his children called a serious stroke in late October and another in early November. He's been staying at his daughter's home in Lubbock, Texas.

He has lived with his children since the death of his wife, Colleen, in 2009.

THE ASSOCIATED PRESS

NBA

Groin injury puts DeRozan on sideline

The Toronto Raptors could be without DeMar DeRozan for quite some time.

The Raptors all-star was diagnosed with a torn tendon in his groin Saturday.

DeRozan injured his groin at the 8:23 mark of the third quarter of Friday's 106-102 loss to the Dallas Mavericks. The Raptors say there is no timetable for his return to basketball activity.

THE CANADIAN PRESS

NFL. Johnny Football's surge falls short in Buffalo

Quarterback Kyle Orton and defensive end Jerry Hughes helped the Buffalo Bills build a lead so big that not even Johnny Manziel could overcome.

Orton threw a three-yard touchdown pass and Hughes returned Terrance West's fumble 18 yards for a score 10 seconds apart midway through the third quarter in leading the Bills to a 26-10 win over the Cleveland Browns on Sunday afternoon. THE ASSOCIATED PRESS

Johnny Manziel scores a touchdown on Sunday in Buffalo GETTY IMAGES

Leafs' Shanahan is no 'politician'

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

Former Detroit Red Wings defenceman Chris Chelios made news this week when, in promoting his autobiography, he tore a strip off former teammate and current Toronto Maple Leafs president Brendan Shanahan.

Chelios, inducted into the Hockey Hall of Fame in 2013, the year Shanahan got the same honour, suggested Shanahan properly worked his way up the NHL management ladder before being hired in Toronto and accused him of being a "politician".

It all seemed rather sour grapes-ish to me, especially coming from the notoriously cantankerous Chelios, who's worked in Detroit's management system as an adviser (and lately, as a teacher for their up-and-coming talent in the AHL) since he officially retired in the summer of 2010.

The fact is, Chelios is dead wrong when he presumes there's only one route to a seat of power in the NHL. All you need to do to see that is take a cursory look around.

Look at the New Jersey Devils, one of the NHL's more successful organizations in the modern era: When franchise icon Lou Lamoriello broke into the league in 1987 at age 45, he had no experience at hockey's top level as a player, coach or management member. He had enjoyed success at the collegiate level, but was all but unknown to much of the professional hockey world.

Maple Leafs president Brendan Shanahan GETTY IMAGES FILE

Yet, Devils owner John McMullen named him team president, and, a few months later, Lamoriello named himself New Jersey's general manager. Twenty-seven years and three Stanley Cup championships later, he's revered as one of the greatest minds in NHL history.

And here's a coincidence or two: Guess who began his NHL career as a member of the Devils in 1987, the same year Lamoriello started? And guess who also was named president of an NHL team at age 45?

That's right — Shanahan.

Chelios also erred in deriding Shanahan as a "politician". In his post-playing days running the league's department of player safety, Shanahan was lauded as a consensus-builder. Few would debate he modernized and made that department better.

So if you've got someone who's proven he can lead, who can bring people together to get things done — which is what a politician does ideally — and who clearly knows about hockey, why should he have to follow someone else's idea of the appropriate career development path?

He shouldn't.

Shanahan will ultimately be judged by his job performance in the months and years ahead, not by a bitter ex-teammate who couldn't grind his axe to Shanahan's face.

Analytics Stats Fact

Toronto's PDO rises

As the season continues, we're following the statistic known as PDO, calculated by adding shooting percentage and even-strength save percentage, to offer an indication of a team's complete game.

After a much more productive week than the one prior, the Leafs' PDO rose from 99.5 to 100.4. Last week, Toronto was tied with Chicago for the 14th-best PDO.

This week, the Leafs jump to 11th overall.

Once again, the top PDO team this week is the Nashville Predators (103.2); the worst is the Edmonton Oilers at 96.1.

NBA

Away from home, Bulls beat Nets

Jimmy Butler had 26 points and Pau Gasol had 25 points and 13 rebounds, leading the Chicago Bulls to a 102-84 win over the Brooklyn Nets on Sunday.

Rookie Bojan Bogdanovic led the Nets with 13 points.

Derrick Rose had 14 points and reserve Nikola Mirotic chipped in 12 points and 12 rebounds for the Bulls, who wrapped a 14-day road trip at 4-3 overall. Chicago's United Center had been reserved for the annual circus show, forcing the Bulls on the road.

THE ASSOCIATED PRESS

Canucks. Blackout not enough to stop Red Wings

Pavel Datsyuk scored twice and the Detroit Red Wings beat the Vancouver Canucks 5-3 on Sunday for their fourth straight victory.

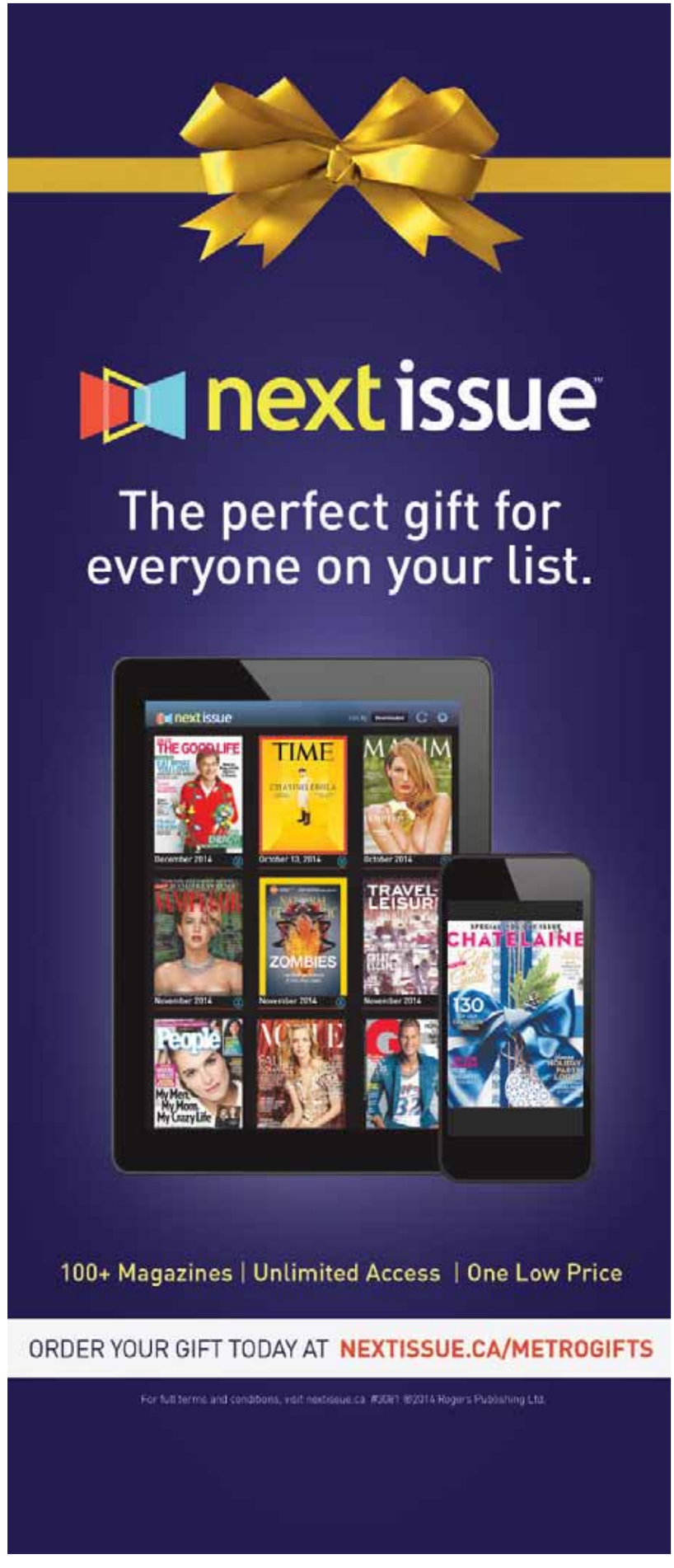
About a third of the arena, including the Vancouver zone, went dark 29 seconds into the game after a minor power failure. The game was delayed 33 minutes.

Niklas Kronwall, Danny DeKeyser and Gustav Nyquist also scored and Jimmy Howard made 30 saves for Detroit.

Linden Vey scored twice, and Yannick Weber added a goal for Vancouver.

THE ASSOCIATED PRESS

Detroit's Kyle Quincey checks Canucks centre Brad Richards on Sunday in Detroit. THE ASSOCIATED PRESS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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
With your ruler Mars allied to Saturn today you possess stamina, steadfastness and a taste for success. Decide on a target and go for it.

♉ Taurus
April 21 - May 21
The task you have to tackle over the next few days may not seem inspiring but once you get to grips with it you will find it engages your interest more than you imagined.

♊ Gemini
May 22 - June 21
Mars in the wealth area of your chart means you have important financial arrangements to deal with and you must do so from a position of strength. Know your worth.

♋ Cancer
June 22 - July 23
Something you have taken for granted turns out to be not so simple. Rather than be annoyed, dig deeper into the situation. What you find could send you on a voyage of discovery.

♌ Leo
July 24 - Aug. 23
Now is the time to get started on a task you've been avoiding. With Mars and Saturn on good terms today you will find it easy to concentrate.

♍ Virgo
Aug. 24 - Sept. 23
It may not be obvious where a certain situation is taking you but everything will be revealed in time. Trust your instincts over the next few days.

♎ Libra
Sept. 24 - Oct. 23
Something is missing from your life and you won't be happy until you find what it is. According to the planets it isn't "out there" in the world but "in here" in your heart.

♏ Scorpio
Oct. 24 - Nov. 22
An objective may not have been within your reach in the past but it will be over the next few days. All you have to do is put a name to your dream and then extend your hand to grasp it.

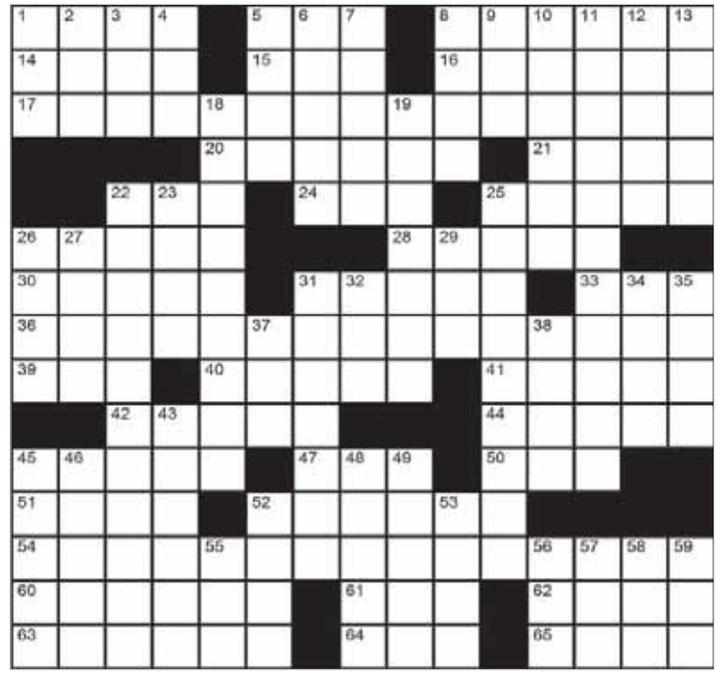
♐ Sagittarius
Nov. 23 - Dec. 21
Get down to essentials. What exists in your mind's eye could and should exist in the real world, so stop the excuses and make it happen.

♑ Capricorn
Dec. 22 - Jan. 20
Something you see or hear over the next 24 hours will inspire you to do more with your life. If someone who does not possess your talents and can be a success, so can you.

♒ Aquarius
Jan. 21 - Feb. 19
There is a job to be done and you know that you won't be able to move on in your life until it is finished. You don't like to feel you are being coerced but it's for your own benefit.

♓ Pisces
Feb. 20 - March 20
With mind planet Mercury at odds with your ruler Neptune make sure those you help really are in need, and not faking it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



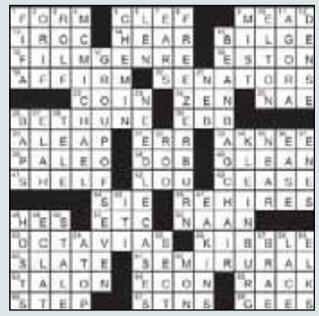
Across

1. Montreal Canadiens home, __ Centre
5. Chef Lagasse's sound!
8. Francia's neighbour in Europa
14. Jazzy Ms. Laine
15. Airport posting, briefly
16. "Old __" (1957)
17. Face creams might claim to stimulate this process: 3 wds.
20. Nullifier, at law
21. Mr. Berkus
22. Smidgen
24. __ the Record Man
25. Ferry village on the Ottawa River
26. Ms. Swinton
28. Grads
30. Easy __ _ _ _ (Simple)
31. Soap star Ms. Francis
33. Distant
36. Prince Philip's title: 3 wds.
39. Imitate
40. Saskatchewan village
41. Manicurist's board
42. God of wine in ancient Rome
44. Toronto's Loma, and others
45. Sagas
47. Prime meridian std.
50. Kyrgyzstan city
51. Dream: French
52. Pat Morita's character in "The Karate Kid" (1984)
54. Seamstress' workshop item: 2 wds.
60. Egg stone
61. Writer of 1856's Aurora Leigh ...her monogram
62. Barney Bentall & The Legendary Hearts song: 2 wds.
63. Musicals composer Jule, and surnamesakes
64. Frat. counterpart
65. "Revolutionary __" (2008)

Down

1. Cavemen yrs.
2. Wapiti
3. Hawaiian necklace
4. Mr. Chaney
5. BBC, cute-style
6. Sky's supporter
7. Mediterranean island
8. Glancer
9. John McCain, e.g.
10. Fully-packed assembly
11. Slogan for Tim Hortons: 2 wds.
12. "Peachy keen!"
13. "Over the Rainbow" co-composer Harold
18. Chambers-for-the-dead
19. Bucharest's land
22. American actress married to Canadian actor Ryan Reynolds: 2 wds.
23. "Why, __ __ honoured!"
25. Inhabitant of the province to Ontario's right
26. "Voila!"
27. In baseball, goes to bat: 2 wds.
29. Ms. Ronstadt, for short
31. Atlanta's state
32. Summer hrs. indicator
34. Taj Mahal's site
35. Actor Mr. Darby
37. Charge
38. Ms. Thurman's
43. Traps the ship in Arctic waters: 2 wds.
45. Mathematician, Paul __ (b.1913 - d.1996)
46. Ross who ran for President in the 1990s
48. Comedian Wanda
49. Billy Blanks fitness system: 2 wds.
52. Fr. titles for ladies
53. Eng., Scot. and Wales: 2 wds.
55. Queen __. _. (Toronto thoroughfare)
56. Pres. monogram
57. "__ Baby Baby" by The Miracles
58. Shag rug kind
59. Huffy

Friday's Crossword

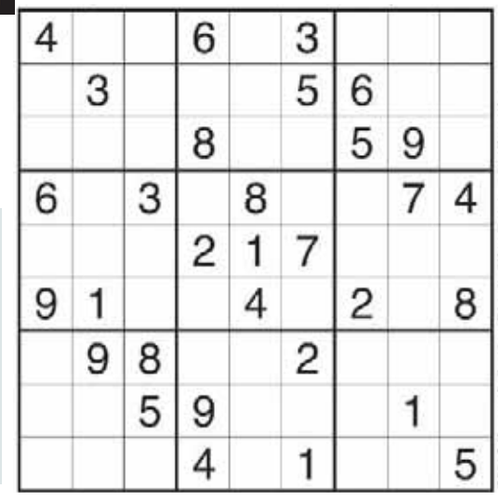


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Friday's Sudoku

5	8	3	6	1	9	7	4	2
2	6	1	4	7	3	9	5	8
7	9	4	2	8	5	3	6	1
8	3	2	1	4	6	5	9	7
4	5	7	3	9	8	2	1	6
9	1	6	7	5	2	4	8	3
1	4	8	9	3	7	6	2	5
6	7	9	5	2	1	8	3	4
3	2	5	8	6	4	1	7	9

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